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ABSTRACT OF THE DISCLOSURE

A relatively small fiber optic plug is provided to facilitate pulling of the fiber optic plug and an associated fiber optic cable through small passageways. The fiber optic plug may include a shroud that protects the fiber optic connector and that may further
10 define at least one opening, and preferably a pair of openings. The openings are sized to receive portions of an adapter sleeve once the fiber optic plug is mated with a fiber optic receptacle. The fiber optic plug may also include a cap mounted upon and adapted to swivel relative to the remainder of the fiber optic plug to serve as a pulling grip during installation of the fiber optic cable. Further, the fiber optic plug may include a crimp
15 band that is mechanically coupled to both the fiber optic cable and the plug body in order to isolate the fiber optic connector from torque otherwise created by forces to which the fiber optic cable is subjected.